




November Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
2 Meatloaf w/Gravy Wild Rice Sliced Carrots Cinnamon Apples	3 Navy Bean Soup Tuna Salad Sandwich Lettuce & Tomato Potato Salad Applesauce	4 Swedish Meatballs Parslied Noodles Peas & Carrots Apricots	5 Breakfast for Lunch with Nurse Steve 
9 Turkey & Swiss on Rye Lettuce & Tomato Potato Salad Tomato Soup Diced Pears	10 Meatloaf with Gravy Mashed Potatoes Baby Carrots w/dill Diced Peaches	11 Closed 	12 Soup, Salad, Sandwich and some Fruit
16 Hearty Beef Stew w/Veggies & Potatoes Cinnamon Apples	17 Roast Pork Loin w/gravy Sauerkraut Sliced Potatoes Fruit Cocktail	18 Roast Beef on Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Onion/Lettuce/Tomato	19 Hot Dog Baked Beans Potato Salad Fruit Ice Cream
23 Cheddar Cheeseburger Baked Beans Cole Slaw Apricot Halves	24 Thanksgiving Luncheon Fruit Cocktail Turkey Breast w/Gravy Bread Stuffing Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Pie	25 Multi Bean & Beef Chili Shredded Cheddar Cheese Corn Muffin Cinnamon Apples Cole Slaw	26 Closed 
30 Diced Chicken Caesar Salad w/Romaine Lettuce Croutons/Parm. Cheese Diced Peaches			

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.